Name of Activity: Food Pyramid Game
Purpose of Activity: To review the content and objectives form health
     lessons on Dietary Guidelines and Healthy Eating
Suggested Grade Level: 6-8
Materials Needed: Two large empty food pyramids drawn on a board
     or poster board, a brown grocery bag filled with
     photos of food from each food category,
     (everything works best if laminated), questions
     from the previous lessons

Sets of food models can be purchased from Western Dairy Council at http://wdairycouncil.com. These are life-size cardboard photographs of 185 commonly eaten foods, in portion sizes. The backs of the cards contain nutrient information.

Description of Idea

Divide the class into two teams. Flip a coin to determine which team will answer the first question. Ask the first team a question that pertains to dietary guidelines. If the team answers it correctly they draw a food from the grocery bag and place it in the appropriate part of the food guide pyramid. If the answer is incorrect the opponents get to answer the question. The object of the game is to be the first team to fill in the food pyramid with the correct amount of food servings. (All subject matter should have been cover in a previous lesson or lessons.)

Sample Questions:

   What nutrients are used for growth and repair of cells and to supply energy?
   The amount of energy that food supplies per serving is know as a__.
   What mineral builds strong teeth and bones?
   Which food group provides us with fiber?
   What are the six nutrients your body needs?
   Give an example of an acceptable serving from the meat, bean group.

Visit http://www.usda.gov/cnpp/to review the most recent version of the Dietary Guidelines for Americans and the Food Guide Pyramid. Information is available that can be used to develop additional questions.

Assessment Ideas:

This could be used as a fun and informative way to review for a future written assessment.

Lesson from http://www.pecentral.com/lessonideas/PrintLesson.asp?ID=264